



My Personal Top Loser Plan

Name: _____

Today's date: _____

Today's weight: _____lbs

My goal weight at the end of 12 weeks: _____lbs

I will reach this goal by adopting healthy eating habits and engaging in physical activities.

I am currently exercising ____ days/week for ____ minutes

Exercise plan: When can I exercise and why does this schedule work for me?

What days of the week? _____ What time(s)? _____ will I exercise

Currently on average, how many fruits and vegetables do I eat a day? _____
(3/4 cup of 100% fruit juice; 1 medium piece of fruit; 1/2 cup chopped, cooked, raw, or canned vegetables; or 1 cup raw, leafy vegetables)

On average, how many high fat foods do I eat a day? _____
(whole milk, butter, cheese, fatty meats, saturated and trans fats in chips and fried foods)

Nutrition plan: I will commit to eating healthy by

(drinking water, eating less fat, increasing intake of fruits & vegetables)

Date	Weight

Food Group	Servings per day	Your intake
Fruits & vegetables	5	
Whole Grains	4	
High-quality protein	3 (2-3) ounces	
Low fat milk or dairy products	3	